

Governor's Proposed FY23 Budget Adjustments
Appropriations Hearing
HB 5037 AAC the State Budget for the Biennium Ending June 30th, 2023
Department of Mental Health and Addiction Services
Thursday, February 24th, 2022
Tanya P
Teamworks

Greetings Appropriations Committee. Greetings to all those who are invested in the best interest of all of us. Thank you for your attention here. The awareness to improve all our emotional, mental, social and physical wellbeing is so appreciated at this time, as well as vital. I can't imagine how this powerful committee begins to decide how much and which organizations are the ones to offer support to. I'd want to support any organization devoted to benefitting physical-social-emotional safety and well being to our people. With that being said, I am Tanya. I live in the Rose City of New England, Norwich, CT, district 19. I'm dedicated to a higher purpose. I'm a lover and a practitioner of truth, justice, integrity and the universal way. With this purpose and in light of my developing gifts, I am asking on behalf of Reliance Health, members and staff who are dedicated to mental health through wellness, wholesome activities, and safe successful connections through your continued support.

Our community of Teamworks members and staff is diverse, colorful and full of uniquely gifted people who love being involved in a team, a team that makes dreams happen. Spaces where afflicted people seeking balance can grow out of self-compromising options that the streets or emotionally starved families offer them; grow out of behaviors and patterns of thinking that no longer serve them; as well as form new healthy relationships they can experience in safe relationships.

I dream of a community where principals are intact and needs are met, where children have plenty of options for good social emotional outlets and physical wellbeing. These elements are invaluable to children.

Personally, I have suffered with trauma and afflictions that inhibit my ability to feel safe enough to communicate effectively or think I can do anything. Severe depression and anxiety is unfortunately a card I've had for years. I've lost my ability to see my value and I'm not alone in that. However, I've been blessed in the past couple of years to have a safe space here at Reliance Health.

I have a service coordinator that helps me in Community Support Program (CSP) because I used to cry over my paperwork, as well as the Teamworks Clubhouse division of the agency that I believe is a big reason I am reminded of my value. I look forward to developing deeper connections, healing my relationships, and mastering my communication skills with Teamworks's help. Healthy minded group dialogues with Teamworks members and counselors is transforming. I'd like to thank anyone dedicated to these higher purposes. I appreciate the support that has been given to the Teamworks Community over the years. Today, I would like to ask especially for money to support the livelihood of all those at Reliance Health who support me. Please invest in these unsung, invisible, miracle workers.